

Congratulations to  
New Hope Mills on their  
200th Anniversary!

Since 1823 New Hope Mills has been working to feed our community. Starting in a beautiful water powered grist mill in Niles, NY, they have grown to become one of the best recognized flours and their lineup includes an impressive selection of organic and non-GMO products. Check out their website ([newhopemills.com/turning200/](http://newhopemills.com/turning200/)) for their yearlong celebration specials and events.



Keep track of all of the Sweet Treat Trail Stops you visit here!

- AUBURN BAGEL COMPANY
- CAFÉ 108
- DUGAN'S COUNTRY GRILL
- FLY-BY-NIGHT COOKIE COMPANY
- GRETCHEN'S CONFECTIONS
- KING FERRY CORNER STORE
- MOONFLOWER MACARONS
- MORGAN'S HALF ACRE PRODUCE
- MUZZI'S D'ITALIA ICE
- NEW HOPE MILLS STORE & CAFÉ
- OWEN ORCHARDS
- POTTERS FARM TO FORK
- RIPLEY FAMILY FARM
- REESE'S DAIRY BAR
- RUDOLPH'S ICE CREAM
- SMOKEY HOLLOW MAPLE SYRUP
- STANDING STONE HONEY BEE PRODUCTS
- STRAWBERRY FIELDS HYDROPONIC FARM
- TASTE NY MARKET - AUBURN
- THE VILLAGE MARKET
- XL COOKIE COMPANY

FINGER LAKES + NY

Scan this QR CODE for  
"Tasty UPDATES"

JOIN our monthly e-mail blast to learn more about what our FLX Sweet Treat Trail partners have to offer your taste buds. Stay tuned for 2023 RAFFLES to win a Sweet Treat Trail Basket!



#FLXSweetTreatTrail



Follow us on Facebook & Instagram to stay connected! Use the #FLXSweetTreatTrail hashtag and tag us to share your scrumptious food adventure!

[TourCayuga.com](http://TourCayuga.com) [SweetTreatTrail.com](http://SweetTreatTrail.com)

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FINGER LAKES + NY

Sweet Treat

t r a i l

TOUR CAYUGA  
in the FINGER LAKES

Locally Made Fresh Delights

Apples + Cookies & Cakes + Honey  
Fruits & Berries + Jams & Jellies  
Ice Cream + Maple Syrup + Pastries & Pies



2023 TRAIL



Welcome to the Finger Lakes Sweet Treat Trail

The family-friendly Finger Lakes Sweet Treat Trail is all about the unique sweets and treats that Cayuga County has to offer. Whether it is honey or homemade cookies, this self-guided tour has something to satisfy your sweet tooth cravings.

Introducing the *Inclusive* Sweet Treat  
created especially for 2023!

Finding the food that fits our dietary restrictions can sometimes be challenging, especially for those of us with a sweet tooth. This year we celebrate that sweets are within reach! Whether your diet is vegan, gluten free, or dairy free our Sweet Treat Trail partners have put together treats to celebrate you!



- CAFÉ 108  
Chia Parfait
- FLY BY NIGHT COOKIE  
No Preservatives, ever! Some gluten free
- GRETCHEN'S HANDCRAFTED CONFECTIONS  
Kokomo. This candy is Vegan!
- MOONFLOWER MACAROONS  
Gluten Free Cookie, Macaroons are naturally gluten free
- NEW HOPE MILLS  
Vegan Pancake
- OWEN'S ORCHARDS  
Apples
- POTTERS FARM TO FORK  
Gluten Free Chocolate Truffle Torte
- STANDING STONE HONEY BEE PRODUCTS  
Honey
- STRAWBERRY FIELDS  
Fresh local strawberries June-Nov
- SMOKEY HOLLOW  
Vegan Maple Syrup. That's right, not all maple syrup is vegan.
- THE VILLAGE MARKET  
Gluten-free Granola Bar



Gretchen's Confections – "Kokomo" is a sweet coconut patty with a toasted almond, dipped in rich dark chocolate. This candy is Vegan!



### AUBURN BAGEL COMPANY

105 Genesee Street, Auburn

315.282.7961 [www.auburnbagel.com](http://www.auburnbagel.com)

With only 5 simple ingredients and no preservatives, we offer bagels, spreads, coffee, salads, sandwiches, baked goods and catering.

### CAFÉ 108

108 Genesee Street, Auburn

315.252.2233 [www.cafe108.org](http://www.cafe108.org)

Breakfast and lunch café with healthy, locally grown food made to order, fresh baked goods, and local coffee.

### DUGAN'S COUNTRY GRILL

3228 Route 34B, Aurora

315.364.5500

Homestyle meals prepared with local ingredients by a Culinary Institute of America grad - a hidden gem worth the trip!

### FLY-BY-NIGHT COOKIE COMPANY

14508 Fancher Avenue, Fair Haven

315.947.5588

This unique shop features homemade baked goods made from scratch using real ingredients from local farms.

### GRETCHEN'S CONFECTIONS

27 East Genesee Street, Auburn

315.400.5224 [www.gretchen-s.com](http://www.gretchen-s.com)

Premium handcrafted chocolates, coffee, baked goods, and great customer service in a cozy, classy café setting.

### KING FERRY CORNER STORE

960 Route 34B, King Ferry

315.364.5300

Offering tasty baked goods, fresh brewed coffee, simmering soups, and locally made artisanal goods to enjoy at home.

### MOONFLOWER MACARONS

10 Seminary Avenue, Auburn

315.224.2790 [www.moonflowermacs.com](http://www.moonflowermacs.com)

French macarons, a meringue-based pastry made with local farm fresh eggs in delicious, whimsical and adventurous flavors.

### MORGAN'S HALF-ACRE PRODUCE

6169 Half Acre Road, Auburn

315-952-2281 [www.morgansproduce.com](http://www.morgansproduce.com)

Fruit Pies, quick breads, jams, jellies, honey, sweet corn, farm-fresh produce, and Cornell ice cream!

### MUZZI'S D'ITALIA ICE

2675 West Brutus Street, Weedsport

315.834.6505

Family-owned Italian Ice shop serving homemade ice cream, ice cream sandwiches, fruit bars and frozen treats.

### NEW HOPE MILLS STORE & CAFÉ

181 York Street, Auburn

315.252.2676 [www.newhopemills.com](http://www.newhopemills.com)

Breakfast all day and lunch in the café plus baking mixes, syrups, teas, jams, honey, popcorn, and more in the store.

### OWEN ORCHARDS

8174 Grant Avenue, Weedsport

315.252.4097 [www.owenorchard.com](http://www.owenorchard.com)

Find fresh produce, baked goods, honey and local syrup, pantry staples and more at the U-pick orchard and store.

### POTTERS FARM TO FORK

1951 New York 31, Port Byron

315.776.3300 [www.eatatpotters.com](http://www.eatatpotters.com)

Serving breakfast, lunch and dinner celebrating NYS farms and dairy with locally sourced ingredients. NYS Wine, Craft Beer and Ciders.

### REESE'S DAIRY BAR

1422 Clark Street Road, Auburn

315.252.7323 [www.reesedairybar.com](http://www.reesedairybar.com)

Ice cream shop & restaurant featuring homemade ice cream made on-premises.

### RIPLEY FAMILY FARM

66 West Cayuga Street, Moravia

315-497-0659 [www.ripleyfamilyfarm.com](http://www.ripleyfamilyfarm.com)

Enjoy premium Guernsey milk in every flavor and many cheese varieties to satisfy the whole family.

### RUDOLPH'S ICE CREAM

99 Genesee Street, Auburn

315.282.7227 [www.rudolphsicecream.com](http://www.rudolphsicecream.com)

Family-owned locally made ice cream, milkshakes, and sundaes. Try the ice cream nachos and freak shakes!

### SMOKEY HOLLOW MAPLE SYRUP

8597 Pierce Road, Jordan

315.689.9833

[www.smokeyhollowmaplesyrup.com](http://www.smokeyhollowmaplesyrup.com)

Maple products including candy, mustards, teas, sugar, BBQ sauce, hot sauce, cotton candy, maple cream and more!

### STANDING STONE HONEY BEE PRODUCTS

11062 State Route 90

Locke

315.497.9079

[www.hivetreasures.com](http://www.hivetreasures.com)

Farm stand featuring local comb, raw and cream honey plus soaps, candles, lip and skin balm, and more.

### STRAWBERRY FIELDS HYDROPONIC FARM

4240 East Genesee

Street Road, Auburn

315.751.5657

Hydroponically grown strawberries, jams, honey, florist and gift shop, sunflower maze, holiday trees, and more!

### TASTE NY MARKET - AUBURN

25 South Street, Auburn

315.258.9820

Shop carrying products made in New York State focusing on hyper-local culinary and wellness goods.

### THE VILLAGE MARKET

385 Main Street, Aurora

315.364.8803

[www.innssofarora.com/](http://www.innssofarora.com/)

food-and-wine/village-market

Quaint market shop featuring the Inns of Aurora Pantry Collection plus baked goods and take-home meals.

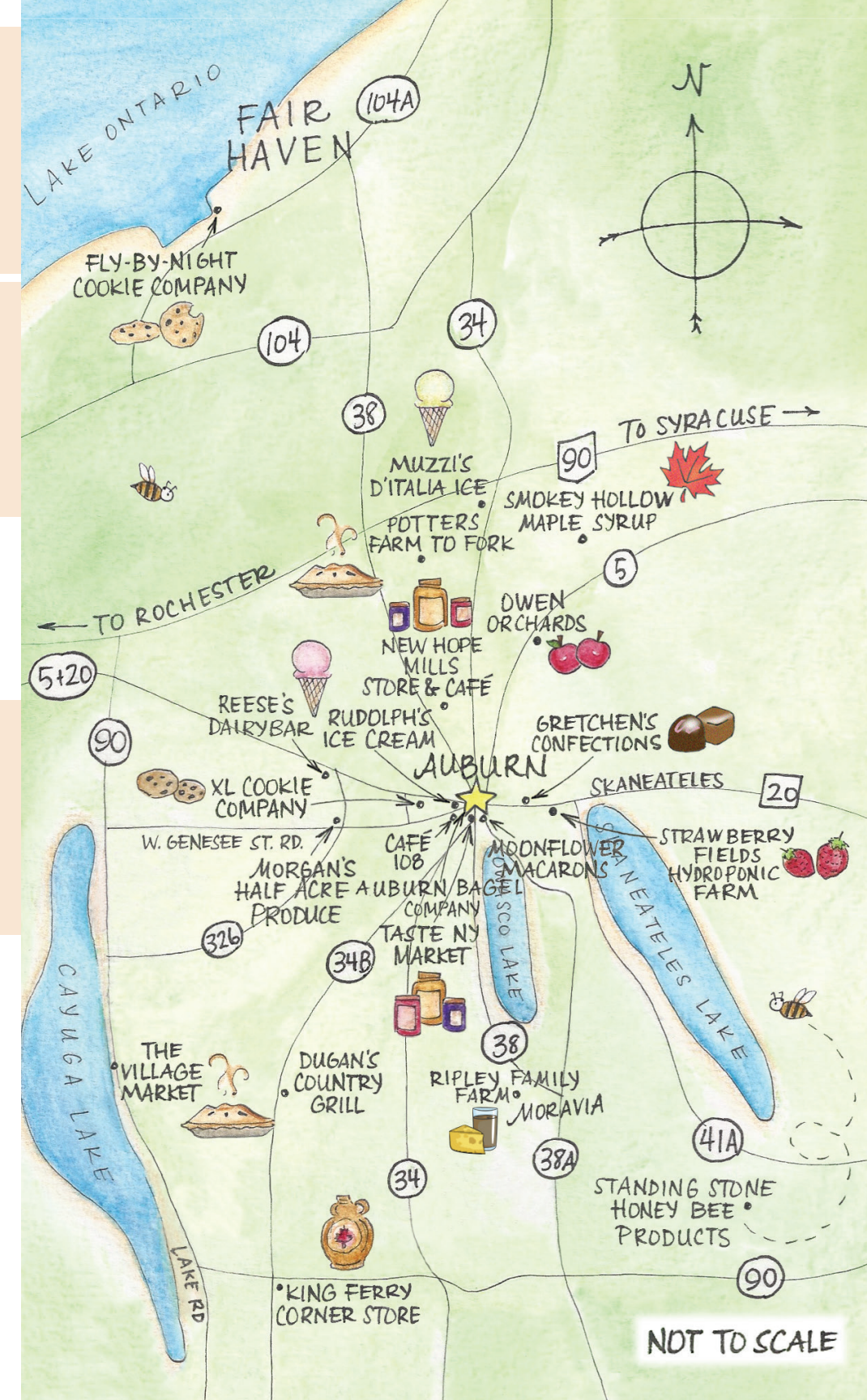
### XL COOKIE COMPANY

33 Columbus Street, Auburn

315.730.2711

Extra-large soft and chewy cookies to make your sweet tooth extra happy!

Please call or search a business for open hours. Many businesses are seasonal, small, and family run. Open hours change with the time of year.



YOU CAN FIND MANY OF THE FINGER LAKES SWEET TREAT TRAIL PARTNERS ON FACEBOOK AND INSTAGRAM.